



# REMEMBRANCE DAY

November 11th

100% BC OWNED AND OPERATED

## Local Boneless Pork Loin Chops

Value Pack  
Raised Without Antibiotics

**6.99/lb**  
15.41kg

## Choices' Own Local Shepherd's Pie

**6.99**  
Individual

**12.99**  
Family Size

## Choices' Own Local Pot Pies

Chicken or Beef

**5.49**  
each

## BC Grown Organic Spartan Apples from Clapping Chimp

**4.98**  
1.36kg Bag

## BC Grown Organic Table Carrots from Fountainview Farm in Lillooet

**3.98**  
907g

## Choices' Own Multiseed & Country Wholesome Sourdough or Country French Bread

**4.99**  
480-600g



SISU Vitamins & Supplements  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail .79-69.99



Hardbite Natural Potato Chips  
Select Varieties

**2/5.00**  
128 & 150g



Smart Sweets Low Sugar Candy  
Assorted Varieties

**2/6.00**  
50g

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Prices Effective  
November 5 - 11, 2020.



# PRODUCE

**Yellow Onions from  
Washington**

**1 48**

1.36kg Bag

**Organic Celery Imported  
from USA 4.37/kg**

**1 98**

/lb

**BC Grown Organic  
Black, Green & Red  
Kale from Snow Farms**

**248**

Bunch

**Large Pomegranates from  
POM Wonderful in California**

**3 98**

each

# MEAT

**Local 100% Grass Fed  
Organic Lean Ground Beef**

Value Pack  
22.02/kg

**9 99**

/lb

**Choices' Own Local Chicken**

Raised Without Antibiotics  
8.80/kg

**3 99**

/lb

**Local Smoked Duck Breast**

44.07/kg

**1 999**

/lb

**100% Grass Fed Beef  
Striploin Steaks from  
Australia**

Value Pack  
30.84/kg

**13 99**

/lb

**New Zealand Spring Lamb  
Boneless Leg Roasts**

28.64/kg

**12 99**

/lb

**Georels  
Bone Broth**

**12 49**

750ml

**Breaded Pork Schnitzels**

Made In-Store  
15.41/kg

**6 99**

/lb

**Bison Sirloin Tip  
Steaks from Canada**

37.46/kg

**16 99**

/lb

**Cod Loin Fillets  
from Iceland**

41.87/kg

**18 99**

/lb

**Wild Caught  
Ahi Tuna Steaks**

**5 99**

6 oz

**Fresh BC Halibut Fillets**

66.12/kg

**29 99**

/lb



# GROCERY

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**Barbara's  
Cheez Puffs**  
Assorted Varieties

**2/5<sup>00</sup>**  
155 & 198g



**Que Pasa Organic  
Tortilla Chips &  
Mexicana Salsa**  
Assorted Varieties

**2/7<sup>00</sup>**  
assorted sizes



**Beanitos Bean Chips**  
Assorted Varieties

**2/7<sup>00</sup>**  
128 & 142g



**Green & Black's  
Organic Fair Trade  
Chocolate Bars**  
Select Varieties

**2/7<sup>00</sup>**  
90g

**Clif Energy & Clif Luna Bars**  
Select Varieties



**10/10<sup>00</sup>**  
48 & 68g



**FreeYumm  
Gluten-Free  
Bars & Cookies**  
Assorted Varieties

**2/7<sup>00</sup>**  
135 & 154g

**Spread'em Vegan Cheeze  
& Butter Spreads**



Assorted Varieties

**6<sup>99</sup>** **7<sup>99</sup>**  
227g Butter 200g Cheeze



**Mary's Organic  
Gluten-Free Crackers**  
Assorted Varieties

**4<sup>99</sup>-5<sup>99</sup>**  
assorted sizes



**Choices Sprouted  
Vegan Cookies**  
Assorted Varieties

**4<sup>99</sup>**  
312g



**Lundberg Organic  
Rice Cakes**  
Assorted Varieties

**3<sup>99</sup>**  
241g



**Choices Organic  
Rice Cakes**  
Assorted Varieties

**2/7<sup>00</sup>**  
185g



**Brew Dr. Organic  
Kombucha**  
Assorted Varieties

**2/7<sup>00</sup>**  
414ml • +deposit +eco fee



**Rumble Protein Shakes**  
Assorted Varieties

**2/6<sup>00</sup>**  
330ml



**Vita Coco  
Coconut Water**

**2/7<sup>00</sup>**  
1L • +deposit



**Choices Glacial Water**

**2/2<sup>00</sup>** **2/3<sup>00</sup>**  
1L 1.5L  
+deposit +eco fee +deposit +eco fee



**Avalon Organic  
Premium  
Ice Cream**  
Assorted Varieties

**8<sup>99</sup>**  
946ml



**Coconut Bliss  
Organic  
Frozen Dessert**  
Assorted Varieties

**5<sup>99</sup>**  
473ml



**Nature Clean  
Laundry  
Detergent Strips**  
Scented & Unscented

**11<sup>99</sup>**  
32 Pack

# GROCERY



**Salt Spring Organic  
Fair Trade Coffee**  
Assorted Varieties

**11<sup>99</sup>**  
400g



**Four O'Clock  
Organic Tea**  
Assorted Varieties

**4<sup>49</sup>**  
16 Tea Bags



**Choices Organic Milk**  
Skim 1,2 & 3.8%

**849-979**  
4L



**Earth's Own Oat  
& So Nice Organic  
Almond Beverages**  
Select Varieties

**3<sup>99</sup>**  
1.75L



**Earth's Own Oat  
& Almond Beverages**  
Select Varieties

**2/6<sup>00</sup>**  
946ml



**Califia Almond, Coconut  
& Oat Beverages**  
Assorted Varieties

**4<sup>49</sup>**  
1.4L



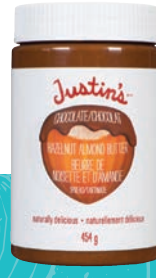
**One Degree  
Organic Cereal,  
Flour & Granola**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 5.49-8.79



**Artisan Bake Shoppe  
Whole Grain Bread**  
Assorted Varieties

**4<sup>99</sup>**  
500 & 600g



**Justin's Almond  
Butter & Chocolate  
Hazelnut Butter**

**9<sup>99</sup>**  
454g

**Tree Island Greek Yogurt**

Assorted Varieties



**3<sup>99</sup>**  
325 & 350g

**Stahlbush Island Farms  
Sustainable Frozen Berries**

Assorted Varieties



**4<sup>49</sup>**  
assorted sizes

**Olympic Organic Kefir**  
Assorted Varieties



**8<sup>99</sup>**  
2L

**Uncle Luke's  
Organic Maple Syrup**  
Assorted Varieties



**20<sup>99</sup>**  
1L



**Ceres 100% Juice**  
Assorted Varieties

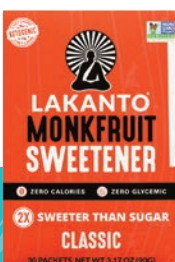
**2/6<sup>00</sup>**  
1L • +deposit +eco fee

**Savör Grass Fed Butter**

Salted & Unsalted



**4<sup>49</sup>**  
250g



**Lakanto Monkfruit  
Sweeteners**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 9.99-29.99

**Saputo Mozzarellissima Cheese**



**4<sup>99</sup>**  
340g



**Silver Hills  
Organic Sprouted  
Power Tortillas**  
Assorted Varieties

**3<sup>99</sup>**  
255g



# DELI

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## Choices' Own Local Hot Soup

**2<sup>99</sup>**

Small

**4<sup>99</sup>**

Medium

**7<sup>99</sup>**

Large

## Krinos Spinach & Feta or Ricotta & Feta Twisters

**2 for 5<sup>00</sup>**

## Great Lakes Goat Cheese Assorted Varieties

**7<sup>99</sup>**

175g

## Dofino Havarti Cheese

**2<sup>99</sup>**

/100g

## Choices' Own Local Artisan Ham, Turkey or Roast Beef Sandwiches

**7<sup>99</sup>**

each

## Choices' Own Praga Ham

**2<sup>99</sup>**

/100g

## Krinos Goat Feta Cheese

**2<sup>69</sup>**

/100g

## Arla Sliced Cheese

**5<sup>99</sup>**

165g

# CHOICES' OWN FRESHLY BAKED GOODS

## NEW & DELICIOUS!

### 5" Caramel or Irish Cream Cake

**9<sup>99</sup>**

each

## Tarts

Pecan, Lemon or Berry Rhubarb

**2<sup>99</sup>**

2 Pack

## 9" Pies

Berry Rhubarb, Peach Medley & Apple

**10<sup>99</sup>**

each

## Premium Cookies

Assorted Varieties

**5<sup>99</sup>**

6 Pack

# Remembrance Day

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



*Let's We Forget*



# GROCERY

## Gardein Frozen



**Vegan Meat Alternatives**  
Assorted Varieties

**4 49**  
assorted sizes

## Sunrise Tofu



Soft or Medium

**1 19** **1 99**  
300g Soft 454g Medium



**Annie's Homegrown Mac & Cheese**  
Select Varieties

**2/4 00**  
149-170g

**Prairie Harvest Organic Pasta**  
Assorted Varieties



**2/5 00**  
454g



**Bragg Organic Apple Cider Vinegar**

**3 99** **5 99**  
473ml 946ml



**Nutiva Liquid Coconut Oil & Coconut Manna**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 7.99-55.99



**Garden of Life Proteins & Sport Nutrition Products**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 44.99-68.99



**Prairie Naturals Superfoods**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 21.99-48.99

## Holy Napoli Frozen Pizza

Assorted Varieties



**7 99**  
365-425g



**Patak's Indian Cooking Sauce, Paste & Chutney**  
Assorted Varieties

**3 49-5 49**  
assorted sizes



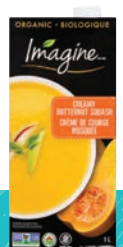
**Prairie Doctor Herbal Tinctures**  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 18.49-32.99

**Platinum Naturals Vitamin D & Oregano-8**  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 9.79-49.99



**Imagine Organic Soup**  
Select Varieties

**4 49**  
946ml-1L



**Sprague Organic Canned Soup**  
Assorted Varieties

**2/6 00**  
398ml



**Mountain Sky Natural Bar Soap**  
Assorted Scents

**2/7 00**  
135g

**Tom's Toothpaste & Deodorant**  
Assorted Varieties



**5 99** **7 99**  
85-90ml 64g  
Toothpaste Deodorant

# WELLNESS



**Organika Bone Broth Protein Powder**  
Chicken or Beef  
Original or Ginger

**3 1 99**  
300g



**Flora Vitamins & Supplements**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 5.99-79.99



**Nutiva Organic MCT Oil & MCT Protein Shakes**  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 13.49-42.49



**Renew Life Vitamins & Supplements**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 16.49-72.99



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**Kerrisdale** - 1888 W 57th Ave, Vancouver  
**Yaletown** - 1202 Richards St, Vancouver  
**Cambie** - 3493 Cambie St, Vancouver  
**Kitsilano** - 2627 W 16th Ave, Vancouver  
**Commercial Drive** - 1045 Commercial Dr, Vancouver

**North Vancouver** - 801 Marine Dr, North Vancouver  
**South Surrey** - 3248 King George Blvd, Surrey  
**Burnaby Crest** - 8683 10th Ave, Burnaby  
**Abbotsford** - 3033 Immel St, Abbotsford  
**Kelowna** - 1937 Harvey Ave, Kelowna

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.